

## Balloon dilation or insertion of a stent

You have received a request for a procedure performed at the radiology department for the treatment of a stenotic or blocked artery. The procedure is sometimes called PTA or insertion of a stent.

In most cases, the procedure takes 1–4 hours.

Please see the arrival instructions or appointment letter for contact information, if you have any questions about the procedure.

### Before the procedure

**If you are hypersensitive to local anaesthetics or iodine-bearing contrast medium, or you are or suspect you might be pregnant**, please inform of this to the referring doctor or radiographer before the procedure.

- You must abstain from eating, drinking and smoking for at least 4 hours before the examination.
- Please shower on the morning of the procedure.

You may take your prescribed medication as usual.

If you are currently taking any blood thinning medication, or you take insulin for diabetes, the unit responsible for your care will give you separate instructions about your medication.

### During the procedure

You will be provided with hospital clothing and premedication prior to the procedure when necessary.

In addition, an intravenous line will be inserted into your hand.

During the procedure you will lie on your back on the examination table.

The radiology staff will inform you of the progress of the procedure.

In most cases, the procedure takes place under local anaesthesia via the femoral artery.

A catheter will be inserted into an artery and after the contrast medium is injected the x-rays are taken.

The contrast medium may cause a feeling of heat.

In the therapeutic measure, a balloon catheter or stent is taken to the area of the stenosis.

The procedure may involve passing pain for which you will receive pain medication, if necessary.

### After the procedure

Once the procedure is done, the hole made in the blood vessel will be closed.

If necessary, the puncture location will be supported with a compression bag.

After the procedure you will be confined to bed for 2–12 hours.

It is also advisable to continue resting until the following morning.

You may visit the bathroom.

Exertion should be avoided for four days.

Sauna and bathing should be avoided for a week.

However, you may take a shower on the following day after the procedure.

The radiology department will provide you with more detailed instructions regarding postoperative care.

After the procedure, you may eat and drink normally according to your condition.

If you come to the procedure from inpatient ward, you are normally discharged on the following day after the examination.

Doctor in charge of your care will inform you of the results of the procedure.

### Other things to note

Please take your Kela-card or identification with you.

Cancel the appointment if you cannot come.

If you do not cancel, you will be charged a fine.